

10th June 2024

After healing prayers, Eileen became aware of a huge hand on her shoulder, someone looking forward to the new generation. We remembered Salumet's words about Special children bringing great hope for this planet. Eileen then spoke as if from far away: **"This is a hand for the Universe."** (Perhaps a 'helping-hand'...) We then discussed how at this time much was being revealed, such as that Covid-19 was a leak from a US bio-lab in Wuhan and how the horrific images on social media, ignored by mainstream (MSM), of innocent children being slaughtered in Gaza, demonstrates like never before, the heartlessness and inhumanity of war. Then a powerful one spoke via Eileen: audio

link: https://www.salumetandfriends.org/app/download/12543531/2024_06_10.We+have+the+POWER-Eileenmp3.mp3

Paul: You are welcome to speak if you wish to. **Here, in Spirit we are most interested in all of what you say.** (Thank you.) **There is much to be done and we here, in Spirit, are united in keeping this Earth planet safe.** (Thank you.) **There is so much happening that sometimes it is better to step back and look and to listen to what is being done, and you will find that the answers will come to you.**

Paul: Yes, that's good advice.

Thank you for listening to this one.

Paul: Thank you, we always love to get confirmation that we're on the right tracks—It's not always easy to separate the truth from non-truth, and it comes down to 'stepping back', as you say, and following our guidance.

Only YOU can be sure of what is being given to each and every one of you. You need to be STRONG at this moment of your history.

Mark: Yes, we need to be together, we need to be very much united as a people. **(Yes.)** That's what I feel lots of people are working towards, **(Yes)** breaking down boundaries and finding common ground to join together. Nearly all of us want the same things—we want peace on Earth, we want everyone to be looked after and have opportunities—I think most people want that. But we often get *divided* and made to look at our *differences* when we really need to look at our *similarities* and the important similarities that we have.

Sometimes *division* brings *unity*, do not forget that also. I hope you understand our message here this time.

Paul: I think, certainly this year is an incredible period with so much going on and so much being talked about—we are beginning to see more clearly I think, even though it's almost like a *fragile state* at the moment and we need to...

Remember, YOU HAVE THE POWER TO CHANGE quite a lot about what is happening; you are SPIRITUAL BEINGS, you've been told this many, many times.

Sabine: Yes, it's changing ourselves first and that will bring the others to follow suit.

Yes—I must leave now.

Paul: Thank you, your message will travel I'm sure—It's an effort to come down to these frequencies I know, but our Love goes with you.

Though this was not Salumet, it seemed to be someone speaking on behalf of many. Eileen took a long time to return, as this had been one from deep Spirit and she felt like she wanted to cry, after being in the presence of such Love. The feeling she wanted to convey is:

ENCOURAGEMENT. We discussed how Love is all-powerful, while the 'toxic' MSM news (which we try to avoid in excess) bombards the aether with headlines like the mentally ill 12 year old who murdered another, painting a grotesque picture, when for the vast majority, 12 year olds are lovely and we simply don't need to know about the one in a million extreme cases. It would be healthier to wean-off this magnification of the worst in life and focus on the good—beautiful stories of altruism, hope etc. Mark mentioned the need for balance of dark and Light and Eileen reminded us that the key to this is through daily meditation. Paul suggested that achieving inner peace, can ripple out like a real 'vaccine' to those viruses of fear.

The wise one who spoke through Eileen reminded us that we really do have the Power to change—as these words were spoken, the Truth of this statement resonated—we simply need to remind ourselves of this every day! There is something within all of us that needs to shine, and with

meditation, we have the POWER..



